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Treating Acne Expert Advice

Throughout the years, various new treatments for acne have been introduced. Some have been proven ineffective others have produced undesirable side effects. Choosing the proper remedy may not be easy. However, Nicholas Christies Day Spa recommends keeping four basic principles in mind.

1. The abnormal pattern of keratinization (the shedding of skin cells) in the follicles should be corrected through mild exfoliation. We recommend Nicholas Christies Day Spa Gentle Enzyme Peel.
2. Bacterial growth in the follicle should be inhibited by using the appropriate cleansers and toners. We recommend Nicholas Christies Day Spa Pore Purifying Cleanser and Pollution Solution Toning Mist.
3. The activity of over productive oil glands should be balanced by regulating the ph level of the skin with the use of specifically formulated lotions and creams. We recommend Nicholas Christies Day Spa Hydrating Vitamin Cream.
4. An anti-inflammatory agent should be used to reduce inflammation and normalize the skin's appearance. We recommend Nicholas Christies Day Spa Soothing Gelle Mask.

www.NicholasChristiesDaySpa.com